



Wellbeing update: Self care / being kind to ourselves



During the 2020 Mental Health Awareness Week we focussed on their theme is **Kindness**.

We may already know how to show kindness to others, and we can help our children learn this quality, but how can we show **kindness to ourselves**, especially now at this difficult time? Here are some ideas:

Give yourself a hand massage

We are all washing our hands multiple times a day, leading to dry, cracked hands for some. Try taking a moment to massage your hands with moisturiser afterwards. Take 5 minutes to have a moment to yourself, massaging the palms and the lengths of each finger. This will also help to create a positive connection to hand washing, rather than it being a chore.



 journey_to_wellness_

Positive affirmations

By repeating a positive message to yourself, your brain will absorb and help believe in the message. This will be personal and different for each of us but could be: *Believe in my own ability; I am responsible for looking after me; By being myself, I bring happiness to other people; Through courage and hard work, I can achieve anything that I set my mind to; I'm fine with who I am; Through my contributions, I make positive changes to the world.*



WORTHY. EXACTLY AS I AM.

Talk to yourself in a 'kind' way

Our inner voice can sometimes be overly critical and we can talk to ourselves in an unkind way. Try to change your inner voice to talk like you would to a friend who is feeling the same way.

Sleep

By ensuring you have enough sleep each night you are helping your body create the healthy cells it needs to fight bugs like Coronavirus.

Have 10 minutes to yourself each day

This may be difficult when juggling work and children, but by giving 10 minutes a day to yourself, you will improve your own mental health. This mindfulness could be yoga or meditation. There are many online such as the Calm Body Scan which is available on Facebook.



For more information, visit: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

More information? If you have any concerns about your child's emotional wellbeing, please don't hesitate to contact Lorraine Watkins, our school ELSA (Emotional Literacy Support Assistant), at wellbeing@emmanuel.camden.sch.uk.

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